

Must be 100% juice and at least 100% Vitamin C. Can be Calcium-fortified. No 46, 48, 96 or 128 oz. plastic containers. No 46 oz. cans. No organic, cocktails, pomegranate juice or blends, apple cider, fruit drinks, lemonade, prune, single servings, refrigerated.



Ocean Spray
Grapefruit
Also: Our Family,
Flavorite and
Albertsons



V8 Vegetable Juice
Also: Great Value,
Market Pantry and
Albertsons



Campbell's Tomato
Also: Great Value
and Albertsons



Old Orchard
Any 100% juice
No pomegranate
blends



Food Club Apple
Also: Sam's Choice,
Flavorite, Our Family,
Market Pantry, HyTop
and Albertsons



Langers Grape/White
Also: Sam's Choice,
Flavorite, Our Family,
Market Pantry (grape only),
Albertsons and Food Club



Welch's
Any 100% juice
*Yellow Band Only



Any 100% juice
Juicy Juice
Stable Concentrate
11.5 OZ. SHELF-



Flavorite Apple
Also: Our Family, Great
Value, Food Club,
HyTop, Market Pantry,
Minute Maid and
Albertsons



Great Value
Grape
Also: Albertsons and
Market Pantry



Welch's White
Grape
Any 100% blends*
Also: Market Pantry



Welch's
100% Grape*



Orange
Any 100% brand



Grapefruit
Any 100% brand



Old Orchard Juice
Any 100%



Dole Juice
Any 100%
(No pomegranate blends)

WIC ALLOWED JUICE

EGGS



Fresh, 1 dozen package only, medium or large

No organic, cage-free, speciality or pasteurized eggs.

PEANUT BUTTER



18 oz. jar only, creamy, crunchy or chunky


No reduced fat, spreads or organic. No added chocolate, jelly or honey.

BEANS, PEAS & LENTILS

Dry (1 or 2 lb. size)
Canned (15-16 oz. size)

Any variety of plain beans, peas or lentils.
Refried beans (fat free only)

No baked beans, green beans, chili beans, wax beans, pork and beans, bean mixes/soups or organic.
No added sugars, fats, meats or oils.



Breastfeeding – A Gift That Lasts a Lifetime



BREASTFEEDING WOMEN

CHUNK LIGHT TUNA

5 oz. can, water or oil packed.

No organic, albacore, individual serving or pouches.

PINK SALMON

5 oz. or 14.75 oz. can

No red sockeye, smoked, individual serving, pouches or organic.





BREASTFEEDING INFANTS

BABY FOODS MEAT

Gerber 2.5 oz. jars

Varieties (with gravy): chicken, ham, lamb, beef, turkey, veal

Nature's Goodness 2.5 oz. jars

Varieties (with gravy): chicken, beef, turkey
No organic, DHA, dinners or graduates.



North Dakota Department of Health
WIC Program
600 E. Boulevard Ave.
Bismarck, N.D. 58505
701.328.2496 • Toll Free 800.472.2286

USDA prohibits discrimination in its programs.
To file a complaint, write:

USDA
Director, Office of Adjudication and Compliance
1400 Independence Ave. SW
Washington, DC 20250-9410




No sliced, cubed or shredded. No cheese foods, cream cheese or spreads. No added ingredients, smoked or organic. No random weight or deli.

Monterey jack, string

American, cheddar, colby jack, colby, farmer, Swiss, mozzarella, marble jack, Muenster,

8 oz. or 16 oz. size, reduced fat allowed



SOY MILK

Half gallons
8th Continent – original flavor only



No chocolate or flavored, organic, rice or sweetened condensed milk. No Bessy's Best Milk.

Whole, 2%, 1%, skim, calcium fortified, extra protein, acidophilus, buttermilk, lactose free or reduced, non-fat dry milk powder (8 qt.), evaporated, Meyenberg Goat's Milk (quart, 12 oz. can powder or evaporated)

Gallons only; half gallons or quarts if specified on check.

MILK

NORTH DAKOTA

WIC

Food List



AS OF OCTOBER 1, 2009



FRESH FRUITS & VEGETABLES

All fresh fruits and vegetables, including yams and sweet potatoes

Also allowed: pre-cut or packaged fruits and vegetables and bagged salads/coleslaw

No canned, jarred, dried or frozen fruits/vegetables
No potatoes (sweet potatoes and yams are allowed)
No salad bar/deli items, pre-cut or packaged fruits and vegetables with dips, bagged salads with dressing
No fruit baskets or decorative vegetables (gourds, pumpkins) and fruits
No herbs and spices (ex., parsley, basil, cilantro, rosemary, thyme, etc.)



USING YOUR CASH VALUE VOUCHER

The Cash Value Voucher (CVV) is cashed like a normal WIC check, but there are some slight differences:

1. The total value of the CVV is indicated on the check – you may purchase fresh fruits and vegetables up to the maximum value.
2. If the total purchase amount goes over the face value of the CVV, you may pay the difference in another acceptable tender (cash, SNAP/ Food Stamps, etc).
3. If the total purchase amount is less than the face value of the CVV, you will not receive any cash back.
4. Each CVV needs to be processed separately and cannot be combined with the value of another CVV or another WIC check.



BREAD

Must be whole wheat or whole grain bread
Up to 1 lb. (16 oz) for women
Up to 2 lbs (32 oz) for children

BRANDS
Rubschlager Cocktail Whole Grain Bread (16 oz.)
Great Value 100% Whole Wheat Bread (20 oz.)
Sara Lee Soft and Smooth 100% Whole Wheat Bread (20 oz.), Soft and Smooth 100% Honey Whole Wheat Bread (20 oz.), Classic 100% Whole Wheat Bread (16 oz. or 20 oz.)
Country Hearth 100% Whole Wheat Bread (24 oz.)
Sweetheart 100% Whole Wheat Bread (16 oz. or 24 oz.)
Roman Meal Sungrain 100% Whole Wheat Bread (16 oz.)



BROWN RICE

Must be plain, whole grain
Bagged or boxed – instant allowed
Up to 1 lb. (16 oz.) for women
Up to 2 lbs. (32 oz.) for children

No Uncle Ben's, wild rice, blends, ready rice or organic rice.



COLD CEREALS - 12 oz. or larger



Grape-Nuts + ▲
& Grape-Nuts Flakes ▲



Kix (regular only)



King Vitaman ★



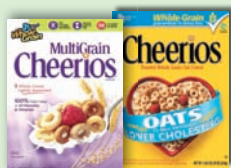
Mini Wheats ▲ +
Also: Bite Size + ▲, Unfrosted + ▲



Life (regular only) ▲



Honey Bunches of Oats
(Honey Roasted only)



Cheerios ▲ & Multi-Grain Cheerios # ★ ▲



Complete All-Bran Wheat Flakes # ★ + ▲



Oatmeal Squares (blue box only) ★ + ▲



Frosted Mini Spooners ★ + ▲



Crispix
Also: Flavorite, Our Family Crispy Hexagons, Food Club Twin Grain Crisp



Flavorite Frosted Shredded Wheat
Also: Our Family, Food Club, Albertsons, Great Value, HyTop & Market Pantry



Flavorite Toasted Oats
Also: Our Family, Food Club, Albertsons, Great Value, HyTop and Market Pantry



Total Whole Grain # ★ ▲
Also: Albertson's Wheat & Rice Flakes, Great Value Multi Grain Flakes



Flavorite Crunchy Wheat & Barley
Also: Our Family Krunch Nutties, Food Club Wheat n Crunchy, Albertsons Crunchy Wheat & Barley, Great Value Crunchy Nuggets & HyTop Krunchy Nutties



Bran Flakes + ▲
Also: Flavorite, Our Family, Food Club, Albertsons, HyTop and Great Value



Corn Flakes
Also: Flavorite, Albertsons, Our Family, Food Club, Great Value & HyTop



Malt O Meal Crispy Rice ★
Also: Flavorite, Our Family, Albertsons, Food Club, Great Value/HyTop Crisp Rice



Corn, Rice, Wheat ★ + ▲ & Multi-Brn + ★ Chex
Also: Our Family/Flavorite Rice, Corn or Wheat Biscuits, Food Club/Albertsons Corn or Rice Squares, Great Value Toasted Rice, Corn or Wheat



HOT CEREALS



Malt O Meal plain ★ or chocolate ★



Quaker Instant Oatmeal ▲ (original only, packets only)
Also: Flavorite, Our Family, Food Club, Albertsons, Great Value, HyTop and Market Pantry



Cream of Wheat (1 min., 2 ½ min., 10 min.) Whole Grain + ▲ (2 ½ min.)

CEREAL KEY

- ★ - 100% FOLATE/ FOLIC ACID
- # - 100% IRON
- + - 4 GRAMS OR MORE OF FIBER
- ▲ - 51% OR MORE WHOLE GRAIN

Buy any combination of cereals 36 oz. or less.

$$\begin{array}{l} 18 \text{ oz.} + 18 \text{ oz.} = 36 \text{ oz.} \\ 12 \text{ oz.} + 12 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.} \\ 16 \text{ oz.} + 19 \text{ oz.} = 35 \text{ oz.} \\ 12 \text{ oz.} + 24 \text{ oz.} = 36 \text{ oz.} \end{array}$$



WHOLE WHEAT TORTILLAS

Up to 1 lb. (16 oz) for women
Up to 2 lbs (32 oz) for children

BRANDS
Chi Chi's Whole Wheat (16 oz.)
Carlita Whole Wheat (16 oz.)
La Banderita Whole Wheat (12.7 oz.)
Resers Whole Wheat (15 oz.)
Mission Whole Wheat (17.5 oz.), Multi Grain (17.5 oz.) – No Carb Balance products
Cruz Whole Wheat (12.8 oz.)



SOFT CORN TORTILLAS

Up to 1 lb. (16 oz.) for women
Up to 2 lbs (32 oz.) for children

BRANDS
Mission Yellow Corn extra thin (16 oz.), Yellow Corn super size (14 oz.), White or Yellow Corn (27.5 oz.)
Cruz Corn (10 oz.)
La Burrita Corn (16 oz.)
Azteca Corn (27 oz.)



FORMULA



Brand, size, and amount as indicated on check.
No substitutions or exchanges allowed.



INFANT CEREAL



8 or 16 oz. box – rice, oatmeal, mixed, whole wheat

No added fruit or formula, organic or DHA.



BABY FOODS – FRUITS & VEGETABLES

Gerber – 4 oz. jars, single ingredient only

2nd Foods – fruits: applesauce, bananas, pears
2nd Foods – vegetables: sweet potatoes, squash, carrots, green beans, peas



Gerber – 3.5 oz. plastic (2 packs), single ingredient only

2nd Foods – fruits: applesauce, bananas, pears, peaches
2nd Foods – vegetables: sweet potatoes, squash, carrots, green beans, peas



Nature's Goodness – 4 oz. jars, single ingredient only

Fruits: applesauce, bananas, peaches, pears
Vegetables: carrots, green beans, squash, sweet peas, sweet potatoes



No organic, DHA, dinners, desserts, combinations (ex., apple blueberry), 1st Foods, 3rd Foods or diced.